



BRITISH
WEIGHT
LIFTING

**Mark Swan:
Athlete
Profile**



Mark Swan

What year did you first get involved in Para Powerlifting?

2018

How did you get involved in the sport?

Through the DSA National Games powerlifting event

What do you enjoy most about Para Powerlifting?

The lifting huge weights part

What is the best competition you have competed in and why?

Georgia 2021, I was crowned Junior World Champion and benched 8kg heavier than was targeted to finish 4th place in the world seniors

What are your long-term sporting goals?

To be a Paralympic gold medallist

What keeps you motivated?

Wanting to be the best in the world

What do you like to do outside of training?

Fishing

Career highlights

- 2020 Manchester World Cup Bronze medal
- 2021 Manchester World Cup Gold medal
- 2021 Dubai World Cup Bronze medal
- 2021 World Junior Championships Gold Medal

Current favourite song to lift heavy to?

'Only girl' by Tevvez

Favourite accessory exercise?

Shoulder press

Favourite snack?

Biscuits



Keep up with Mark and his training on Instagram! @team_swan1